

Dental Consultation

Dr. Alfred Chong will provide free dental consultation on **Thursday, April 15**, from 10:00 am – 12:00 pm (by appointment only) in the Mastick Office. This is an opportunity to have questions answered regarding your teeth, treatment options, and possible alternatives for pending dental procedures. To make an appointment, visit the Office or call 747-7506.

New Member Orientation & YOU!

The New Member Orientation is a must if you are new to Alameda, recently retired, thinking of participating in Center activities, or expecting your parents for an extended visit! The New Member Orientation offers a guided-tour that introduces you to the Center, an information packet outlining the various activities, programs, and services, and a complimentary lunch provided by Bay Area Community Services (BACS)! Make a reservation to join us on **Thursday, April 15**, at 10:30 am, by stopping by the office or calling 747-7506.

Birthday Celebration

April "Birthdays" are invited to join us for the Birthday Celebration on **Friday, April 16**, at 12:00 pm in Dining Room 1. The celebration includes a *free* lunch, slice of Birthday Cake, and a balloon! Reservations are required and will be accepted until **Friday, April 9** at 11:30 am. To reserve a seat, visit the Lobby Desk or call 747-7500 between 9:00 and 11:30 am. *On Friday, April 16, confirm your lunch reservation at the Lobby Desk by completing the lunch application and picking up your lunch ticket no later than 11:30 am.*

Annual Earth Day Festival

Visit Mastick volunteers and staff at our table at the 11th Annual Alameda Earth Day Festival on **Saturday, April 17**, between 10:00 am to 3:00 pm at Washington Park (740 Central Avenue). Enjoy free activities for the kids, Earth Day games and exhibits, and learn about building a clean, healthy, and sustainable world. Bike Alameda will provide free, safe, and secure valet service for bikes and strollers. Washington Park also is accessible by AC Transit, and free parking will be available at Robert Crown Memorial parking lot.

Disaster Preparedness & You!

Mastick Senior Center's Annual Emergency Preparedness Program is scheduled for **Thursday, April 22**, at 9:30 am in the Mastick Social Hall. The Alameda Red Cross, Alameda Fire Department, Building Department, and local volunteers will provide practical information to prepare you for potential emergencies, as well as an understanding of the roles of local government before, during, and after a disaster. *This valuable training program is a must for Mastick volunteers and encouraged for all members!* Sign up in the Mastick Office or call 747-7506.

Music Appreciation Class

Join William Sturm, Volunteer, on **Thursday, April 22**, at 1:30 pm in Dining Room 2 for a recital and discussion of "Mexico's Grand Master: Carlos Chavez". Mr. Sturm will play music of Mexico's most famous composer. Preregister in the office or call 747-7506.

Disaster Preparedness BINGO!

Join us on **Saturday, April 24**, for *Disaster Preparedness Bingo!* Try your luck at Mastick's weekly fundraising Bingo game. Bingo participants will play a special game, the "Letter P" with the opportunity to win \$50. In addition, participants will have an opportunity to win Disaster Supplies.

Savvy Caregivers

The Alzheimer's Association will present a six-week course that approaches family caregiving as a set of learnable skills centered around the twin goals of taking care of yourself while helping the care-receiver to maintain a state of contented involvement in activities. This course is on **Tuesday** beginning **April 27-June 1**, from 1:30 pm - 3:30 pm in Room E. Sign up for this invaluable training by visiting the Mastick Office or calling 747-7506.

Thank You for Your Generosity & Support!

Thank you for supporting Mastick Senior Center! We would especially like to thank the following for their donations during the month of March: Beatrice Babcock and Schroeder-Dent Printing.